



**Courtenay
Recreation**

Each day please bring:

- Lunch & snacks
- Lots of water
- Change of clothes (incase wet/messy)

Please don't bring:

- Money or valuables
- Electronics
- Nut products

Camp Leaders:

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Teen Odyssey (July 13-17)

Week 3	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
9:00 am	Arrival (LINC)	Arrival (LINC)	Arrival (LINC) Snack + sunscreen	Arrival (LINC)	Arrival (LINC)
10:00 am	Petals & Paint Event at Tsolum Building	Make energy balls	Beach prep + check in	Check in + make bird feeders	Check in + free play
10:30 am	Cont.	Espresso Yourself Group	Beach Day! Kye Bay	Walk to Simms Park/hang bird feeders	snack
11:30 am	LINC games room	Early lunch and Adapted swim transition	Cont.	Lunch at Simms + walk to pool	Egg drop building
12:00 pm	Lunch	Swim	Lunch	Swim	Lunch
1:00 pm	waterpark	LINC games room	Bus back to LINC LINC games room (1:30-3)	Waterpark	Walk to Blue Spruce ice cream
2:00 pm	Free play/games	Basketball + games	Cont.	Paper plate llamas	Egg drop challenge and eat ice cream
3:00 pm	Pick-up	Pick-up	Pick-up	Pick-up	Pick-up